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[Dear Permission to be Powerful Reader, Not everyone deserves you.](#)  
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Dear *Permission to be Powerful* Reader,

**Not everyone deserves you.**

This includes blood relatives.

People you've known your whole life.

Even some of our children.

In fact... **most people don't.**

**This is a great starting point when thinking about yourself.**

If my writing resonates with you, I'd bet good money that you're still holding on to people who **deserve to go.**

This sounds simple.

But if you've spent your whole life believing you're unworthy...

It's not easy.

In fact...

Thinking like this feels *impossible*.

**Because here's the truth:**

If you see yourself as unworthy...

Then **by default**, you don't deserve good things.

In other words, you deserve whatever treatment you get.

You expect disrespect.

You tolerate it.

It's your norm.

So, running around saying, "*Not everyone deserves me*"?

It's the opposite of what you have been saying to yourself your whole life.

It doesn't feel natural.

Or maybe you say you agree...

But you don't really mean it.

It's a lie you're telling yourself to hide the grim reality.

Perhaps you think that being selective about the company you keep sounds **arrogant**.

But what if it's not?

What if that's just **the truth**?

## **Valuable Things Are Handled with Care**

People don't leave expensive jewelry lying around.

They don't let strangers walk into their house.

They don't loan their car to just anyone.

Because valuable things are rare.

## **And valuable things are treated with exclusivity.**

So why do we act like our time, our energy, and our presence are worthless?

Because we were conditioned to.

**My therapist once told me:**

**"You have to make yourself your #1 priority."**

He's told me this **thousands** of times.

Why?

Because I was so **deeply brainwashed against the idea...**

It took *thousands* of repetitions for my brain to even begin accepting it.

My entire operating system was running on the belief:

**"I am unworthy."**

That's why I tolerated mistreatment.

That's why, when people disrespected me, I didn't fight back—I **normalized it**.

I didn't see a problem.

I didn't even know there *was* a problem.

I had run the same pattern **so many times** that I didn't even notice.

Someone treats me badly → I react in my usual way → Cycle repeats.

This was **my routine**.

My programming.

And the thing about **core beliefs** is...

They don't just *influence* your life.

They **control** it.

A core belief dictates **everything**.

It paints the world **for you**—in fear, rage, or ecstasy.

It dictates how you respond to almost **every** situation.

It is the **operating system** running your life.

And until you bring it into awareness, **you have no free will**.

You are just a predictable script, acting out the same story over and over.

And here's the kicker:

**99% of people will never face their core beliefs.**

Because doing that?

It means tearing down the **entire foundation** of how you've been living.

**Want to Know Who You Are? Watch the Story  
You Keep Telling Yourself.**

You're not unpredictable.  
You're not some infinite mystery.

You are **one thing**:

☞ **The story you believe.**

**The story you keep repeating to yourself, over and over.**

Until you **question** that story...  
Until you **confront** it...  
Until you **rewrite** it...

Nothing will change.

**So watch it play out.**

Notice the way you react in the same situations.  
See the patterns in your relationships, your friendships, your choices.

Then—**write it down.**

Journal about it.  
Talk to your therapist.  
Watch your mind in deep meditation.

And **most importantly...**

**Take real-world action with all of this in mind.**

For years, I kept **people I didn't even like** in my life.

I felt *obligated* to stay around them.  
Like I **had no choice**.

They drained me.  
They demanded more than they gave.  
They held me to a standard they would never hold themselves to.

And I tolerated it.

I knew I was being mistreated, sure.

But I didn't **fully** understand that I didn't *deserve* it.

And **without that clarity, I stayed stuck.**

The most powerful super glue in the world?

☞ Not knowing you deserve better.

It keeps people **trapped for a lifetime.**

But here's what I know now:

☞ Just because people take you for granted **doesn't mean you have to tolerate it.**

☞ Just because they expect access to you **doesn't mean they deserve it.**

☞ Just because you're used to mistreatment **doesn't mean it's normal.**

**You Don't Have to Walk Away Overnight... But You Do Need Clarity.**

If you can't leave the situation yet?

Fine.

But at least **be honest** about what you're giving up by staying.

At least **admit** to yourself that you deserve better.

At least **begin** the process of unlearning the belief that keeps you trapped.

Because the moment you know you *can* walk away...

It's only a matter of time before you actually do.

**Raise your standards.**

**Set your price.**

**Know your worth.**

Because the truth is:

**Not everyone deserves you.**

**And the moment you accept that, you stop waiting for permission to walk away.**

When I was younger, I didn't know I could walk away from a situation I didn't like.

I felt responsible for fixing problems that weren't mine to fix.

I didn't know that my **presence was a privilege, not an obligation.**

People had been mistreating me for so long that I didn't know what real respect even looked like.

I know now.

And I will never forget it.

If this hit you hard, it's because you already know the truth. You just haven't acted on it yet.

*This newsletter isn't here to entertain you. It's here to wake you up*

Most people stay asleep their whole lives. But not you. Not anymore This is the one place where you don't have to censor your ambition.

**Become a Paid Member Today to Get...**

☞ **Brutal, unfiltered insights** on self-mastery, power dynamics, and the hidden scripts running your life.

☞ **Psychological deep dives** that expose the unconscious patterns keeping you stuck—and how to break them.



- ☞ **Exclusive access** to raw, no-BS breakdowns I don't share publicly—because some truths aren't meant for the masses.
- ☞ **Mental rewiring tactics** that force real change—so you stop reading and start executing.
- ☞ **The clarity to cut through the noise**—because most people will stay stuck, but you don't have to.

Most people will keep living on autopilot.  
Most people will keep waiting for permission.

But you?

You're about to wake up. **For real.**

[Join now before the price goes up.](#) [\$8/month]

[Subscribe now](#)

Until next time,

A stylized, handwritten signature in black ink. The signature reads "Anton Volney" in a cursive script. The "A" is large and loops around the "nton". The "Volney" is written with a long, sweeping underline that extends to the right.

**Dancer, Writer, Buddhist.**



P.S. If this post resonates, please share it with someone who might need it.

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